



EMPOWERMENT

It's Intersectional

POWER STANCE

- What did you see during the activity?
- How did it make you feel after seeing specific poses?
- What do you think is the message of this activity?

KINDS OF POWER

- What types of power did you see occur during the “Power Pose” activity?
- For the poses where majority gave it a thumbs down, why do you think the pose didn’t hold a higher sense of power than the other?
- For the poses where majority gave it a thumbs up, why do you think the pose held a higher sense of power than the other?
- Which poses did you find empowering and why?
- Which poses did you find disempowering and why?

What are words you associate
with **empowerment**?

What do these definitions have in common?

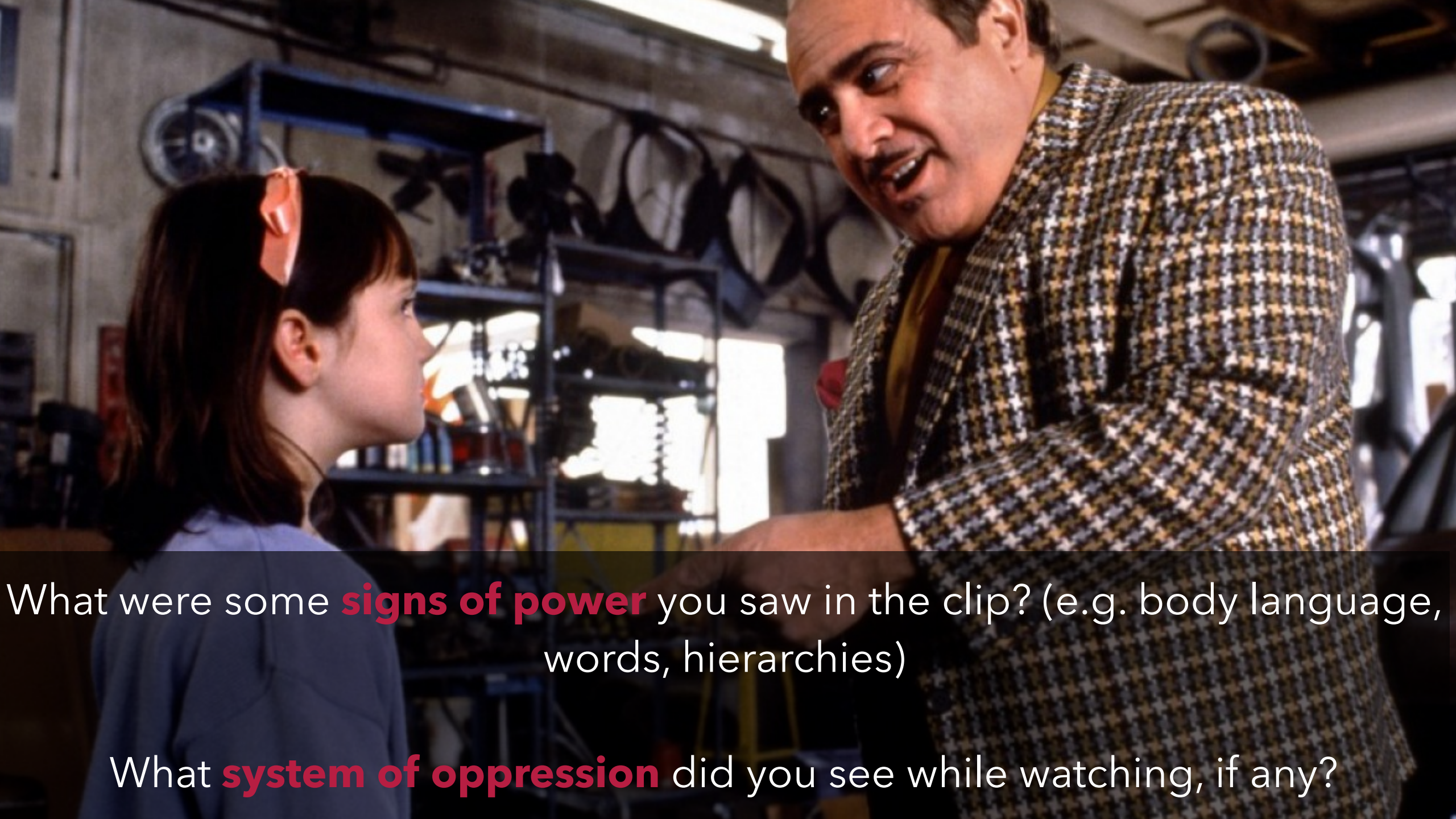
Empowerment

"...indicates the intent to, and the process of, assisting individuals, groups, families and communities to discover and expend the resources and tools within and around them."

"is the process of becoming stronger and more confident, especially in controlling one's life and claiming one's rights"

"... is to give official authority or legal power to"

Why is
empowerment
important?



What were some **signs of power** you saw in the clip? (e.g. body language, words, hierarchies)

What **system of oppression** did you see while watching, if any?

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"You don't have to be pretty. You don't owe prettiness to anyone. Not to your boyfriend/spouse/partner, not to your co-workers, especially not to random men on the street. You don't owe it to your mother, you don't owe it to your children, you don't owe it to civilization in general. Prettiness is not a rent you pay for occupying a space marked 'female.'"

Erin McKean

"We have to teach our boys the rules of equality and respect, so that as they grow up gender equality becomes a natural way of life. And we have to teach our girls that they can reach as high as humanly possible."

Beyoncé Knowles

"Power is not given to you. You have to take it."

"I raise up my voice—not so I can shout, but so that those without a voice can be heard...we cannot succeed when half of us are held back."

Malala Yousafzai

"I'm an advocate of 'it's not what you are but who you are.'"

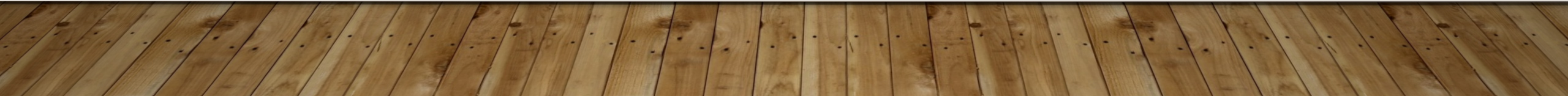
Sia

- What is empowering about these quotes? How do they make you feel?
- What kind of empowerment do you find in these quotes (individual or collective)?

EMPOWERMENT IN OUR LIVES

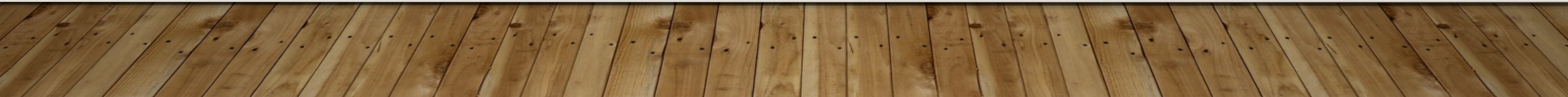
**Think of a time when you were empowered
by someone.**

- Who was it?
- How did they empower you?

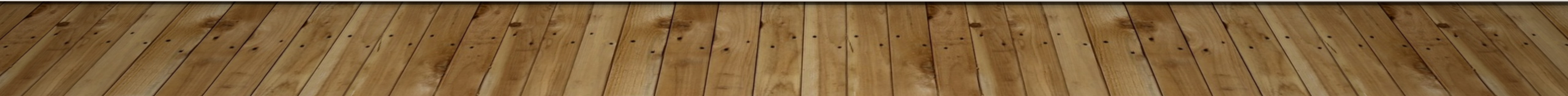


Think of a time when you disempowered someone else.

- Was it intentional or unintentional?
- Who was this person?
- How did you disempower them?

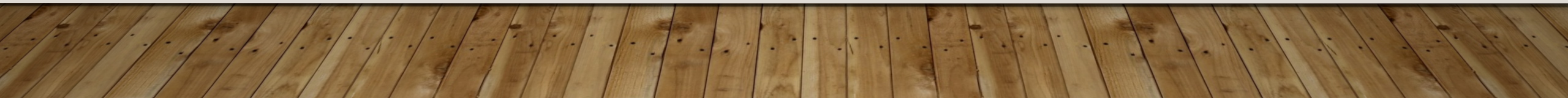


- Have you ever felt disempowered by someone?
- By who?
- What did they do to make you feel disempowered?



EMPOWERMENT IN THE COMMUNITY

- What does empowerment look like in a community?
- How do you plan to take this information and apply it to your community work?
- Why is community empowerment important?



EMPOWERMENT IN PRACTICE

Write a letter or send a text to someone who has empowered you and tell them why.

- "Hi (insert name). You empower me because ...